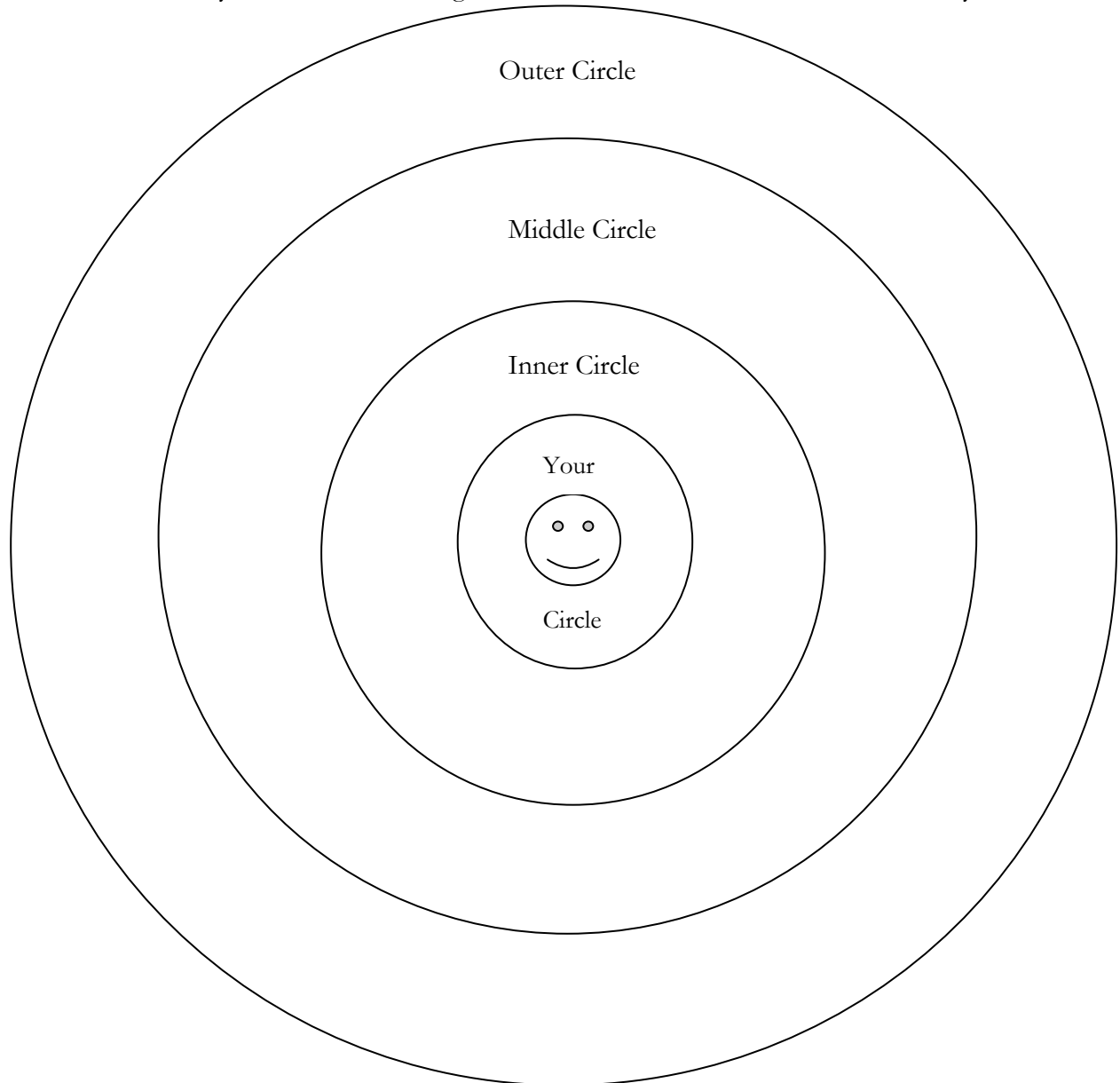


# Boundaries – Your Circles

Does everyone get to know everything about you? How much time do you devote to a relationship? When can you trust someone and let them into your life more? When asking these questions, it is helpful to think of relationships in terms of circles. Only those who are in your inner circle get access to intimate information about your life. You get to decide which circle a person belongs in when it comes to your life. Use the diagram below to outline who is in what circle in your life.



Questions to consider:

How do you decide who gets to be in your inner circle?

Are you in people's inner circles but they are not in yours?

When does a person move from one circle to another?

What kind of information do you share with those in the outer circle, middle circle, and inner circle?

How much time or energy do you spend on a person in the middle and outer circles?

What are the characteristics of the inner circle people?

What is something that would automatically move someone to the outer circle?